

When I'm ready, around 9 or 10 months, I can start feeding myself! I'm learning to use my thumb and fingers to pick up small things.

**Start with very small pieces of soft foods.**

Give me lots of practice feeding myself. Let me touch and play with my food. I'm messy when I eat. This is how I learn!

Offer me small servings of foods. My stomach is little. Let me decide how much to eat. I know if I'm hungry.

Let me try different foods. If I don't like something at first, don't worry. Offer me a little bit next time.

Let me eat with our family. I can sit in a high chair or a booster seat at the table.

By the time I am one year old, I'll probably eat most of our family foods. Feed me breakfast, lunch and dinner, with snacks in between.

**Don't** give me foods I could choke on, like hot dogs, nuts, seeds, popcorn, chips, whole grapes, raisins, raw vegetables, spoonfuls of peanut butter, chunks of meat, and candy.



## finger foods

starting around 9 months



Here are some healthy choices for me!  
Offer one or two tablespoons.  
Let me ask for more.

## Keep this list

on our refrigerator for quick finger food ideas at breakfast, lunch, dinner or snack time.



DOH 961-1001 May 2014  
For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-841-1410 (TDD/TTY 711).



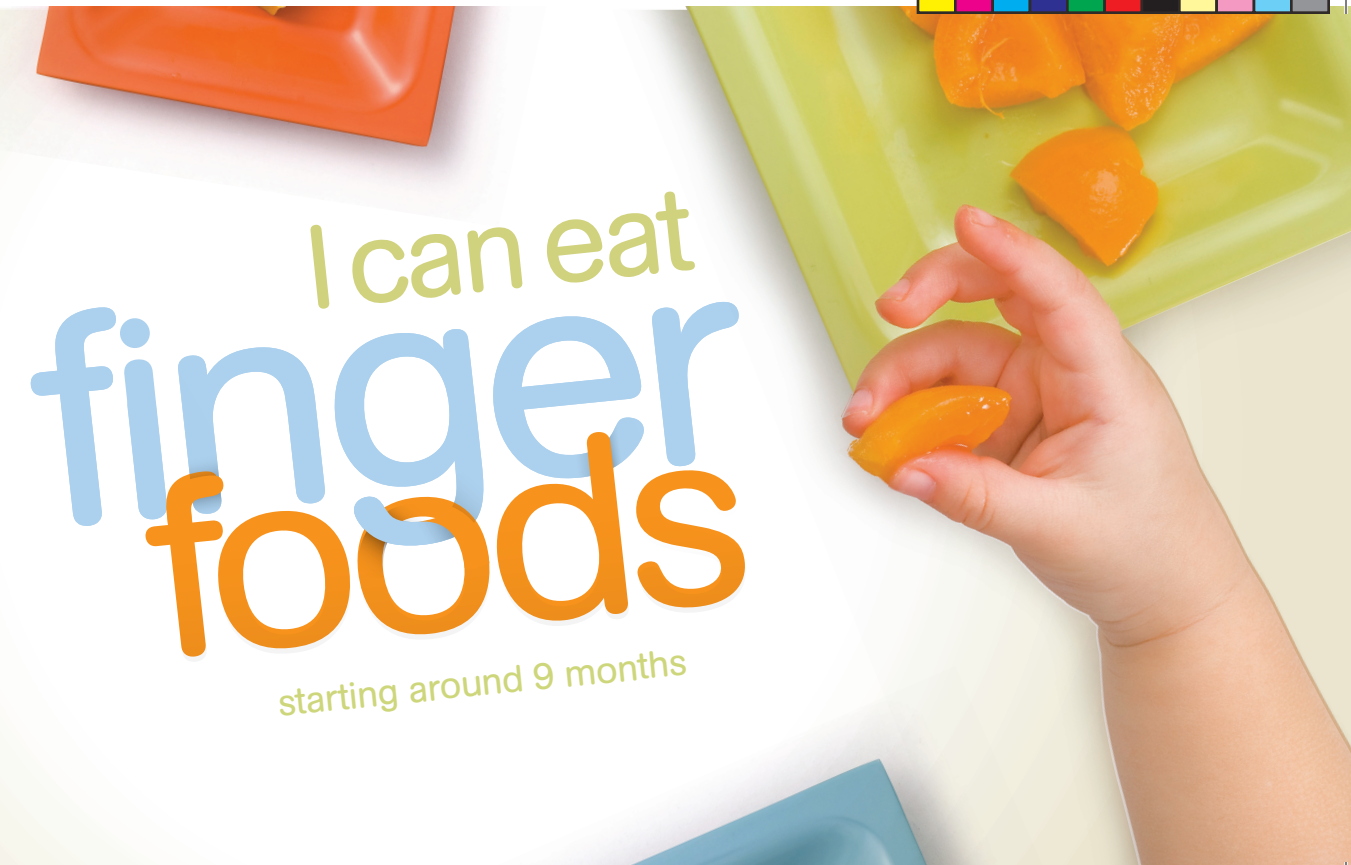
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**PUBLIC HEALTH**  
ALWAYS WORKING FOR A SAFER AND HEALTHIER WASHINGTON

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## I can eat finger foods

starting around 9 months





# finger foods

starting around  
9 months



Papaya *chopped*

Here are some healthy choices for me!  
Offer one or two tablespoons.  
Let me ask for more.



Meatballs  
*in tiny chunks*



Tangerine  
*chopped*



Green Beans  
*cooked*



Brown Rice



Zucchini  
*cooked*



Pita Bread  
*in small pieces*



Ripe Melon  
*chopped*



Beans  
*cooked and mashed*



Apple  
*shredded*



Sweet Potato  
*cooked and peeled*



Cherry Tomatoes  
*in small bits*



Grapes  
*sliced*



Cheese  
*diced*



Whole Grain Toast  
*topped with baby food  
or fruit spread*



Macaroni  
and Cheese



O-shaped  
Cereal



Hard-boiled Egg  
*chopped  
(after 12 months)*



Kiwi  
*chopped*



Soft Quesadilla  
*in small pieces*



Banana  
*chopped*



Tofu  
*chopped*



Avocado  
*diced*



Grilled Cheese  
*in small pieces*



Carrot  
*well-cooked and diced*



Mixed Vegetables  
*cooked*



Broccoli  
*in small pieces cooked*



Graham Crackers  
*(avoid honey types until  
12 months)*



# P R I N T I N G   S P E C I F I C A T I O N S

**Title:** I Can Eat Finger Foods

**Size:** 22 x 4.25"

**Paper stock:** 80# text, matte, white

**Ink color:** 4-color process

**Special instructions:** Prints 2 sides with bleeds. Finished job folds to 7.375 x 4.25"

**DOH Pub #:** 961-1001